

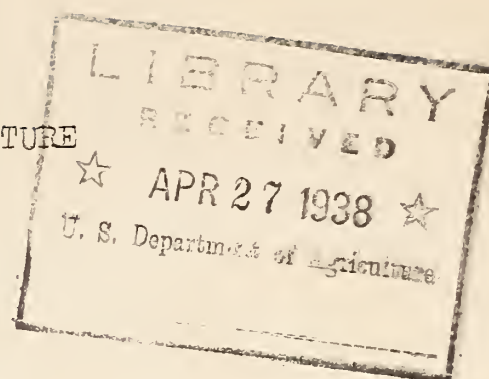
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Reserve

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D. C.

FOODS RICH IN CALCIUM



Almonds	Endive
*Amaranth	Figs, fresh or dried
Beans, common or kidney, dried or fresh, shelled; also snap or string	Hazelnuts
*Beet greens	*Kale
*Broccoli, sprouting	Kohlrabi
Burdock, roots	Leeks
*Buttermilk	Lettuce
Cabbage (green), headed	Lobster
*Cabbage, Savoy and nonheaded	Maple sirup
*Cabbage, Chinese, nonheaded varieties	*Milk, whole or skimmed; evapo- rated, condensed, and dried
Carrots	Molasses
*Cauliflower	*Mustard greens
Celery	Okra
*Chard	*Orach
*Cheese, Cheddar or American	Oysters
Cheese, cottage	Parsnips
*Cheese, Swiss	Romaine
Chickpeas	Rutabagas
Chicory, leaves	*Sesame seed
*Clams	Shrimp
*Collards	Sorghum sirup
Cottonseed flour	Soybeans
Cream	Soybean flour
*Dandelion greens	Spinach, New Zealand
Dock or sorrel	*Tendergreens
Eggs, whole	Turnips
Egg yolk	*Turnip tops
	Watercress
*Excellent	

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits and vegetables here included average 0.045 percent or more; those marked as excellent average at least 0.100 percent. Drier foods here included, and those used in smaller quantities, as dried vegetables, dried fruits, seeds, nuts, and sirups, contain correspondingly higher percentages.

FOODS RICH IN PHOSPHORUS

- | | |
|---------------------------------------|--|
| Almonds | *Lobster |
| *Barley, whole | Meats (having more than 6 percent protein) |
| *Beans, common or kidney, dried | *Meats, lean or medium fat (having more than 12 percent protein) |
| or fresh, shelled | *Milk, whole or skimmed; evapo- |
| Beans, lima | rated, condensed, and dried |
| Brussels sprouts | Oatmeal |
| Buckwheat flour | Orach |
| * Buttermilk | *Oysters |
| Cheese, Cheddar or American | Parsnips |
| Cheese, cottage | Peanuts |
| Cheese, Swiss | *Peas |
| Chickpeas | Pecans |
| Clams | Rice, brown |
| Cocoa | *Rice, bran |
| Collards | *Rice, polish |
| Corn, green, sweet | Rye flour |
| Corn meal | *Sesame seed |
| *Cottonseed flour | *Shrimp |
| *Cowpeas, or black-eyed peas, shelled | *Soybeans |
| Dandelion greens | *Soybean flour |
| *Eggs, whole | Walnuts |
| *Egg yolk | *Wheat, whole grain, graham or |
| *Fish | whole wheat flour |
| Hazelnuts | *Wheat bran |
| Kohlrabi | *Wheat germ |
| *Lentils | |
| | |
| *Excellent | |

List based on data from a number of sources, chiefly from Sherman's "Chemistry of food and nutrition," 4th edition, 1932. Fresh fruits, fresh vegetables, and meats here included average 0.065 percent or more phosphorus; those marked as excellent average at least 0.130 percent. Drier foods here included, and those used in smaller quantities as dried vegetables, dried fruits, cereal products, seeds, nuts, and cocoa, contain correspondingly higher percentages.

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